Woman's World

Conducted by Helene Valeau.

SHORT SKIRTS PREVAIL FOR TRAVELING WEAR.



I am off for Paris and if the fashlons prove as bewilderingly picturesque as the advance prophecies would
indicate. I shall find much to delight
my American readers—women who. I
am proved so say, adapt and make their
my American readers—women who. I
am proved to say, adapt and make their
my American readers—women who. I
am proved to say, adapt and make their
my American readers—women who. I
am proved to say, adapt and make their
my American readers—women who. I
am proved to say, adapt and make their
at this season of the year, when the
woman gives time and thought to her
traveling attire, whether she be one
of our honored bachelor maids of traditional American independence, who is
aking the only outing her streamous
duties in office or college afford her. In
the year, or one of the more favored
ones who goes to one after another of
the fashfonable resorts, the gown in
which she arrives is of paramount importagice, as in it is her makes her first
impression on the persons who
may
season.

The right clothes in the right place is
the first evidence of well dressing, and
short skirts preyall today for traveling weart. A plain tailor made suit in
some serviceable materiat and color is
to me of the first items to be considered
in planning the simmer wardrobe.
Priestly cravenetted cloths are tradiultimated to the first tems to be considered
in planning the simmer wardrobe.
Priestly cravenetted cloths are tradiultimated wardrobe all warne wardrobe.
Priestly cravenetted cloths are tradiultimated wardrobe all warne had beer of
the year stream the selection of the
stanting fittle gove 't have illustrated
for you. Stirable -inject to the stream what
attention and the selection of the
stanting fittle gove 't have illustrated
for you. Stirable -inject to the
stanting for your wife. I've written the
stanting flue gove 't have illustrated
for you stired to the control of the
stanting flue gove 't have illustrated
for you. Stirable -inject to the
stanting flue gove 't have illustrated
for you stired to the pries

HELENE VALEAU'S ANSWERS.

Miss Valeau will reply to all questions

New York are limited to vegetables with eggs, and milk, and cheese counted

dishes and frozen fruit dishes by

er than one heavy dish.

The principles upon which the health and beauty dinners are conducted are

these:

The system demands a variety of food. There must be a little sweet, a little sour, a little fresh food, a little selt, and plenty of filling.

Six delicately cooked dishes are bet-

The human system requires sours for digestion.
It requires sweets for muscle building

It needs green food for the appetite. It needs warm food for nourishment. It needs ired food for the palate.

Agreeable Company.

dinner. That a dinner with one com-panion is little better. That a dinner with four is not sufficiently furnished with impetus, but that a dinner with seven is ideal. Seven is the magic num-

Principles of Vegetarian Dining.

The principles upon which the health and beauty advocates work are something like these. The leading principle is that food must be taken often.

Don't eat unless you are hungry, is one motto.

Don't continue to eat after you are filled in.

Don't eat just because you are afraid you will be hungry before the next

Don't overload your stomach for fea-

you will feel the need of more food in an hour. Eat just what you actually

need.

Don't eat alone. But, if it should so happen that you are obliged to take your food alone, there are food thoughts which should go with every meal. The first of these food thoughts is one that is borrowed from the philosophy of Calcutta. Translated, it means this: "I have before me the beat dinner in the world." With this contented thought you go to work upon your meal.

Dinner Rules of India.

It would be well to learn the dinner thoughts taught by the old philosophers of India. They are these:

"Good food is mine."

"My food is grateful to my stomach."

"Spices, fruits, the 'fullness of the carth are all gathered together to make my meal ideal."

"I love my food."

"My food loves me."

"Together we spend the nest houghn.

your meal.

with eggs, and milk, and cheese counted in as vegetables. They use the shell-fish, which they count as belonging to the vegetable kingdom.

The health and beauty dinners are most interesting. They begin with clams and soup and lead right on into all sorts of dishes made from the vegetable kingdom. There are roasts made from ground mits and malt, all nicely browned in a pan and made to resemble beefsteak. There are soups made from stewed fruit, which is strained and slightly sweetened and served with hot crackers. There is iecream, made almost entirely from crushed fruit, and there are frapped dishes and frozen fruit dishes by the usked by the feminine readers of The Intermountain Catholic. The well-known character and authority of her known character and authority of her replies need no introduction to those aiready familiar with her ability. Miss, Valcau will take a kindly and personal interest in those who write to her, and will spare no pains in seeing that their insuiries are answered fully and carefully. Write only on one side of the Daper. Address letters to Miss Helene Valcau, Intermountain Catholic, Salt. Lake City.

Dear Miss Valeau:

Is bornx good to put in the water when shampooing the hair?

— GRACE W.

Do not use bornx on the hair. It is foo drying and will make it brittle. There is nothing better than an egg shampoo to cleaner and strengthen the soalp.

Dear Miss Valcau:

Please give me n good recipe for making butter scotch. MARY H.

Boil one cupful of sugar, one cupful of butter and our suful of molasses until it harders when dropped into cold water. Sprease thanky in pans and mark it in little squares.

Amelia, we could buy a home, if we should try real hard.

So don't use butter any more, spread our bread with lard.

No more from rented house to house, improvident we'll roam.

Quick, put the furnace fire out! We're gaving for a home.

Twould do us good, both you and me, to get a little thinner:
For breakfast we will eat stale bread, and have cold tea for dinner.
Think how luxureously we'll fare beneath our gold for done.

We'll live on fifty cents a week white saving for a home.

To might take in some washing, wife, and keep some buarders, too, Then do plain sewing half the night, when other work is through.

No more vacation days for us, by woods or ocean's fourn.

No trolley rides shall take our dimes.

We're saving for a home.

Ameira, you did nobly, dear, you leg at the saving free a home.

Ameira, you did nobly, dear, you leg at the saving free a home.

Amelia, you did nobly, dear, you led w

Ameira, you did hooly, dear, you led a frugal life.

And now you lie beneath a slab marked, "Sacred to my Wife."

And while your weary body rests beneath the churchyard loam.

Duncan , Yale, in Harper's

HEALTH AND COMPLEXION. Society Beauties Seek it in Vege-

tables.

(Chicago Tribune.) Society is seeking beauty from vege-tables, complexion from olives and olive oils, health, and beauty, and strength from nuts, and fruits, and melons, and vegetables. Meat has been abolished from many grand dinners, and the lancy for vegetarian dinners is spread-

Since the Roosevelt cabinet and diplo-matic Washington took up the vege-tarian fad the society beauties and later, beauties who are not in society have rurned away from meats to serk more beauty in vegetarian dinners. Brain workers—persons who prefer brains to beauty—are still paying heavy tribute to the beef trust, but the succident strioln and the royal roast have disappeared from scores of society dinners. Soups, desserts, and entrees are of vegetables, and only eggs, milk, and

of vegetables, and only eggs, milk, and heere, and fish can reach the table, cing allowed by special dispensation obe classed as vegetables. "Together we spend the pest hours."
the day, my dinner and I."
"I must not hasten my dinner or I offend my food."

What Are Vegetables?-

In Washington they call these feasts "health and beauty dinners." The president has attended them, and so have all the cattended them. There is a craze for them. There is a difference and a distinction in the matter of vegetables. All do not agree upon what shall be a vegetarian diet. In one family, that of a judge of the supreme court, the definition is sharply pheed: "All should be strictly a product of the vegetable he strictly a product of the vegetable with belongs to them. My own food is the best of all foods for me."

"Therefore shall my stomach be glad."

With each mouthful these precepts must be repeated. With each deep breath one must think them over, while eating there must be a spirit of contentment. All business cares must be diven from the mind.

Olive Oil For Complexion.

The pretty girls of Chicago and New York are giving the tuncheous of India. They call them the health and chicker salad as a part of the menu.

The health and beauty dinners in

to serve them. The centerpiece of the table is fruit, upon which the main body of the luncheon is built. They follow the London dietary laws, which have almost driven appendicitis out of London.

It was to a reigning beauty of Lon-

The beauty did as she was told, and The beauty did as she was told, and her complexion improved. Meanwhile she ate no meat. She began to give health and beauty dinners, and the countess of Warwick, Mrs. George Cornwallis West, Lady Henry Somerset, and the princess of Pless joined her. Today their vegetarian dinners are famous.

Not For Brain Workers.

Not For Brain Workers.

"Do vegetables feed the brain sufficiently?" is a question often asked.

To this many a brain worker will reply 'Ne." So with them it is a question of brains vs. beauty. Would you rather be beautiful with little brains, or brainy and ugly? That is something for each individual to settle alone. Ruskin tried vegetarianism for three years, and finally gave it up, directing that all work done during that time be destroyed. Gladstone tried it three days and gave it up. Bismarck wanted to try it, but never did. King Edward thinks it good, but not for himself. All the American statesmen have All the American statesmen have and a whack at it, but few have stuck

again, and I will give you another prescription."

"Now, doctor, see here," said Patrick, standing straight, and looking grimly at the physician. "If you have your doubts o' this curin' Mary, as it's lvident you have, by the way you spake, why don't you give me first what you're goin' to give me last?"—Youth's Commenter.

"Commenter of the control o

HOME MADE BLOUSES.

How You Can Make Them at a Cost of \$1.69.

The midsummer bargain ready made blouses are "transparencies" which re-veal ribbons and underwear edgings in It was to a reigning beauty of London during the present season that the king's physician gave his famous advice. "What shall I take for my complexion?" asked this beauty, in distress. "I am a sight."

"Take olive oil," said the physician. "Live on it, live with it. Eat it, drink it, dress your food with it, and don't do without it. Lubricate your system."

The beauty did as she was told, and the missimmer bargain ready made blouses and underwear edgings in a way no longer sanctioned by fashion and good taste. A boluse which strikes the happy medium between thianess and thickness can be made at home for one-third of the price at which it can be found even when marked down to the extent which prevails in the better class of waists which come in the not too sheer Persian lawn. A little waist one-third of the price at which it can be found even when marked down to the extent which prevails in the better class of waists which come in the not too sheer Persian lawn. A little waist made of this material and trimmed with tucks and with four medallions outlined with narrow lace, and all in a really fine quality, can be gotten up for just \$1.69.

First it will take three and one-half yards of lawn, of which a lovely qual-

First it will take their and one-hair yards of lawn, of which a lovely quality is to be had for 25 cents. Four medallions of tine quality can be bought for 40 cents. Three yards of insertion at 10 cents will be enough to edge these and put two rows in the col-

Tournatism.

General Science

Chem.

Biology

Grad in Phac., 2 years Ph. G. Phar. Chemist, 3 years Ph. C.

Civil C. E. Mechanical M. E. Short Mechan

Architecture

Law Spears-LL H.

lar.

Make the front of the yoke of the medallons and join the lower part of the blouse to it by fine tucks which extend half way down. Make the back the blouse to it by line tucks which extend half way down. Make the back
without yoke and with lengthwise running lucks. Little mercerized wash
buttons, of which it takes just one
dozen to fasten it nicely up the back,
can be bought for 12 cents, which is the
last item in the list of expenditures.
In tucking the strips for the back cut
them long enough to take off a cuff of
tucking from each piece for the sleeves.
The style, as well as the price, of this
sort of a blouse is far and away ahead
of the ready made ones, while the time
taken in making is about half that
used in making the ordinary shirt
waist, all of which comes of the simple little straight colfar which is sewed
on and the lack of degalls of cuffs and
facings which are used on the ordinary
shirt waist. In making the lap in the
back to a waist of this kind fold the
selvedge edges over for an inch to form
the hem and by the two pleases for back to a wast of this kind told the selvedge edges over for an inch to form the hem and ky the two pleces to-gether, putting the pattern on so that if is fust a half an inch back from the fold. This brings the lap of just width enough to correspond nicely with whe small buttons and buttonholes: Medalllons with square outlines can be edged with the insertion if arranged as shown in the picture more easily than those can be handled that are circular.

Lady Dufferin of India was once addressed as "your enormity." An Anys-sinian missive came to the late Queen Victoria, addressed to the "Queen of Kings, Empress of the Great Red Sea." Her highland tenants used to say: "Come awa" in and sit doon, Queen Victorie."

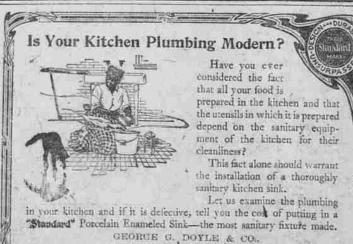
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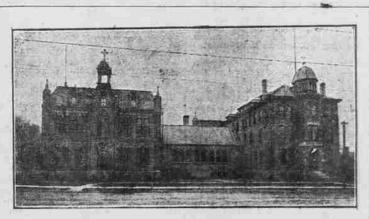
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PROBATE AND GUARDIANSHIP NOTICES.

NOTICE TO CREDITORS.

ESTATE OF MARGARET BUILDER

Executor of the Last Will and Testions of Margaret Buller December Date of first publication Agreed D 196; Mediatrin & Gustin, Attorneys for J

NOTICE TO CREDITORS.

ESTATE OF ABBIE HART CHAP man, decreased. Creditors's will be-on-haims with voncioners to the uncertainty of 7 Commercial block. Salt Lake Cit-tack, on or before the 4th day of Octobe. A D. Pos. GEORGE JAY GIESON. Administrator of Estings of Abide Har-

Birpman, déceased. Date of first publication June Z A. D

NOTICE TO CREDITORS.

ESTATE OF SUSAN P. DUDLEH, Dr. ESTATE OF SUSAN E. DUDLERS, De-paramed.—Creditors will present carino with conchers to the undershared at 27 Secu-ty Triest mildring. Suit Lake City. Un-sal or before the 5th day of October A. D. 1955. ECUSE MCARTY Albinistratics of the Estate of Susan E. Duller Decembed. M'GURIN & GUSTIN. Albinistratics of Administratics. Date of first publication. June 2 A. 18 1955.

NOTICE OF PROBATE. NOTICE OF PROBATE.

IN THE DISTRICT COURT, PROBATE division, in and for Sait Lake county. State of Utah, in the matter of the estate of Raphael S. Girding, decembed. Notice. The petition of Schna Gudnap praying for the issuance to herself, of letters of administration is the estate of Raphael S. Girding, decembed, has been set for hearing on Saturday, the 5th day of August. A. D. 1965, at 19 o check a. m. at the county court house, is the court room of suid court in Sait Lake City. Sait Lake county, Dialis.

Witness the check of said court (Seal) with the soul thereof affixed this 18th day of July, A. D. 1965.

J. U. ELDBEDGE, Jr., Clerk, McCourdin & Gustin, Attorneys for Petitioner.

First publication July 22, 1865.

Pirat publication July 22 1965.

NOTICE TO CREDITORS. ESTATE OF EWARD H. MITCHILL asstate of Eward of Matterials and Collections. Creditors will present claims with vouchers to the understance at 26 Security Trust building. Sait Lake City. Utah, on or before the 5th day of December. A. D. 1865.

Administrator of the Estate of Edward H Mitchell.

Date of first publication. August 5. A. D. 1865.

D. 1965. McGurrin & Gustin, Attorneys for Ad-ministrator.

SUMMONS. IN THE DISTRICT COURT OF SALT Lake county, state of Drah, George, J. Arnoid and James J. Diskson, plaintiff, vs. Eliza D. Salisbury, William F. Salis-bury, Nancy Salisbury, William T. Salis-bury, Warren H. Salisbury, May Salis-bury, Hattle Salisbury, May Salis-bury, Henry F. Salisbury, date Salis-bury and Ardel Salisbury, defendants. Summond.

The State of Utah to said defendings.

You are barely summoned to speed within twenty days after 198 service of this summons open you. If served within the county in which this action is brought, otherwise within thirty days after service, and defend the player either action; and in case of your failure, so to do, judgment will be rendered against you according to the demand of the complaint, of which a copy is herewith served upon you.

Afteriers for Philatiffs.

P. O. address, 30 Societty Trust influence of first publication, June 90, 185. he State of Utah to said defendants.

SUMMONS.

IN THE DISTRICT COURT OF THE hird Judgial district Surie of Link county of Saft Lake - University Bitternan, Smith, vs. Gussie Bitternan, defendant, The State of Utah to the Sald Defendant:
You are hereby summoned to appear within twenty days after the service a tills summons upon you, if served within the county in which this action is brought thereine, within thirty days after acraice, and defend the above cutified action, and in case of your failure set to do, indiament will be rendered against you according to the demand of the complaint, a copy of which is herewith served upon you.

Af GURRIN & GUSTIN

upon poo.

AFGURRIN & GUSTIN
P. C. aderess 207-10 Scourity Trust 1994;
Salt Lake City, Utah
Date of first publication, July 1, 186.

SHERIFF'S SALE.

SHERIFF'S SALE.

IN THE DISTRICK COURT OF SALT Lake County, State of Utah. Frank J. Gratin, plaintiff, vs. Ernest G. Rognon, Eva C. Rognon, F. T. Etwell, Frankfill Lawrence and Sall Lake County, a manicipal corporation, defendants. To be sold at Sheriff's sale, at the west front door of the county court nouse, in the city and county of Sak Lake, state of Utah. A county of Sak Lake, state of Utah. A colock noon of said day, all the right tille, claim and interest of said defendants, of, in and to the following described property, to-wirt Strate in Said Jahre county, Itah, and described as follows. viz. lots 28, 37, 26 and 25, in block 2, and lot 3, in block 1 in East Side addition as shown by the official plat of said addition filed in the office of the county recorder of Sait Lake county.

Purchase price payable in jawful money of the United States.

Dated at Sait Lake City this 18th day of July, A. D. 1866.

Sheriff of Sait Lake County. Utah. By James Cowan, Deputy Sociff.
Edward McGurrin, Attorney for Plaintiff. First publication, July 15, 1865.

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Washington, D. C.

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For announcements address the Dean.